



Avinashilingam Institute for Home Science and Higher Education for Women

Deemed to be University Estd. u/s 3 of UGC Act 1956, Category 'A' by MHRD (now MoE)

Re-accredited with 'A++' Grade by NAAC. CGPA 3.65/4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment Test II- April- 2025

VI Semester

Class : III UG

Major : Physical Education

Time : 2 Hours

Max. Marks: 60

21BPEC29 Traditional Games of India

Course Outcome:

1. Appreciate the influence of traditional Games in Indian culture
2. To give students and opportunity to explore and play indian traditional games
3. To be able to work as a team and engage in fair play
4. Improves precision ability, and hence enhances concentration.
5. Improves aim and focus

Part - A

6X 1 = 6

Choose the Correct Answer

1. How many oarsman participate in the best
a) 100-150 b) 100-200 c) 300-350 d) 100-130 **CO1K2**
2. Mallakhamb is a traditional Indian sport that primarily involves:
a) Balancing on ropes b) Wrestling moves c) Performing acrobatics on a wooden pole or rope d) Using slingshots for targets **CO1K2**
3. Which traditional game uses a spinning top?
a) Lagori b) Gilli Danda c) Bhavra d) Kancha **CO3K1**
4. Which ancient Indian game inspired the modern board game Snakes and Ladders?
a) Moksha Patam b) Pachisi c) Chaupar d) Sagar Gote **CO2K3**
5. Which Indian game is closely associated with teamwork and agility?
a) Gilli Danda b) Kho-Kho c) Kabaddi d) Lagori **CO3K2**
6. What is the primary equipment used in the game of Kancha?
a) Sticks b) Marbles c) Stones d) Tops **CO3K3**

PART - B

Answer the following (400 words)

3x6=18

7. a) short notes on regional sports in andhra pradesh **CO1K2**
(or)
b) Write the short notes on regional sports in tamilnadu **CO1K2**
8. a) Write the ancient period of Indian martial arts **CO3K4**
(or)
b) Write about text of Indian martial arts **CO5K4**
9. a) explain about antiquity, maratha dynasty and classical period **CO3K1**
(or)
b) Write short notes middle and modern period of indian martial arts **CO2K4**

PART - C

Answer the following in detail (800 words)

3x12=36

10. a) Enumerate the weapons of martial arts **CO1K4**
(or)
10 b) List the system of martial arts and explain it. **CO2K4**
11. a) Illustrate the text and its classification of Indian martial arts **CO2K2**
(or)
11 b) enumerate history of Indian martial arts. **CO5K4**
- 12 a) Explain the wrestling, boxing and kicking **CO3K2**
(or)
12 b) Enumerate the pugilism and silambam. **CO2K4**